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Diabetes and Sick Day Management: If You're NOT on Insulin

How can being sick cause a problem for a person with type 2 diabetes?

When you're feeling stressed or your body is stressed (like when you're sick), your body will make stress hormones. These hormones:

- cause your liver to release extra sugar into your blood stream
- cause your body to not be able to use your insulin as well as before

Although you have a higher blood sugar, your body can't use this sugar properly for energy.

What should you do if you get sick?

- **Stay hydrated.** When you're awake, drink 1 cup of calorie-free fluids every hour to prevent dehydration.
- If you can eat, follow your meal plan.
- Continue to take your diabetes pills, even if you're eating very little.
- Check and write down your blood sugars every 4 hours.
- If you're taking a sulfonylurea _____, you should check your blood sugar every 4 hours to make sure you don't have a low blood sugar.
- Keep rapid-acting sugar handy in case you get low blood sugar (less than 4.0mmol/L).

If you can't drink 1 cup of calorie-free fluids per hour to stay hydrated, stop taking the following medicines until you're feeling better.

Metformin or Glumetza

Other diabetes pills: _____

Blood pressure pills: _____

SGLT-2 inhibitors: _____

GLP-1 agonists: _____

Water pills: _____

NSAIDs (such as Ibuprofen, Motrin[®], Advil[®], Naproxen, Aleve[®], aspirin, diclofenac, or Voltaren[®]): _____

If you have questions, call your healthcare provider at _____ during business hours. For 24/7 nurse advice and general health information, call Health Link at 811.

Examples of sick day food and fluids

These are examples of 1 portion of rapid-acting sugar that equal 15 grams of carbohydrate:

- ¾ cup fruit juice
- ¾ cup regular pop
- 6 lifesavers
- 1 tablespoon of sugar dissolved in water
- 1 tablespoon of honey
- Dextrose tablets (4 Dex4®)

Examples of calorie-free fluids:

- Water
- Broth or boullion
- Sugar-free pop
- Club soda
- Clear tea or coffee
- Sugar-free Jello®

Try to eat smaller meals and snacks throughout the day instead of eating a large amount of food at one time. Stay hydrated.

You should call your doctor or diabetes healthcare team if:

- You've had diarrhea more than 5 times in 24 hours.
- You've had a high blood sugar (over 16.0mmol/L) for more than 24 hours.
- You have a fever higher than 39°C that doesn't respond to acetaminophen (Tylenol®), or lasts for more than 24 hours.
- You have any questions or concerns.

You should go to the Emergency room if:

- You're vomiting and can't keep fluids down.
- You're feeling very unwell and can't manage at home.
- You feel groggy or confused.
- You have rapid breathing.